



**Central Florida**  
Behavioral Health  
Network, Inc.



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MENTAL  
HEALTH  
FIRST AID™

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

# Mental Health First Aid in Community Health Settings

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

**NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH**  
MENTAL HEALTH FIRST AID  
*Healthy Minds. Strong Communities.*



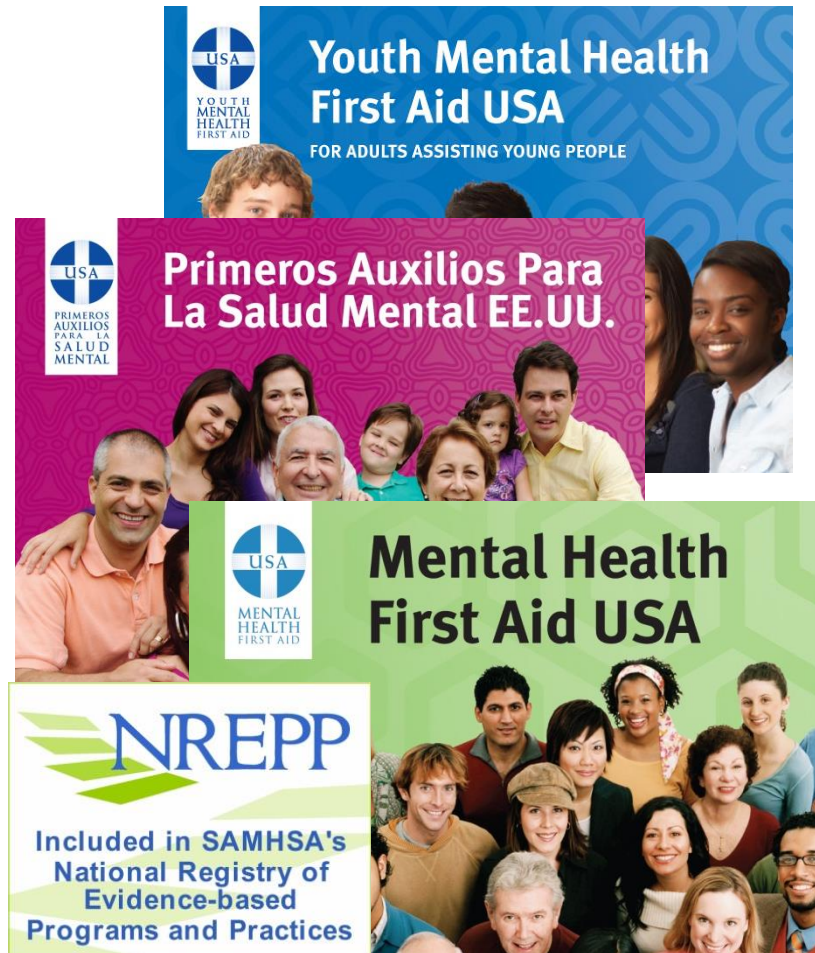
# Objectives

- Participants will learn three reasons to implement Mental Health First Aid in public health and community settings.
- Participants will learn about the five-step Mental Health First Aid Action Plan for assisting someone that is experiencing the symptoms of a mental illness or that is in crisis.
- Participants will learn three ways in which primary health issues can interact with behavioral health issues.
- Participants will learn three ways in which they can use Mental Health First Aid to strengthen themselves, their workplaces, and their communities.

**Mental Health First Aid** is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.







# Mental Health First Aid



- Origins in Australia and currently in 20 countries
- Adult MHFA course for individuals 18 years of age and older; available in both Spanish and English
- Youth MHFA is designed to teach caring adults how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis
- Included in SAMHSA's National Registry of Evidence-based Programs and Practices
- Partnership with Maryland and Missouri State Governments

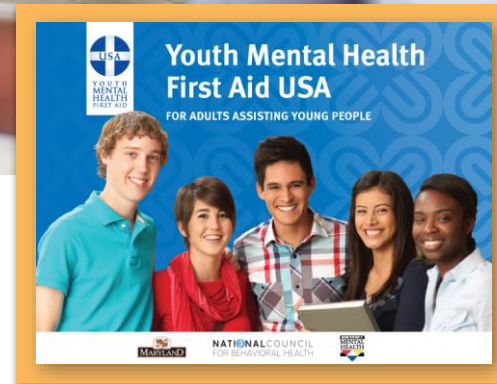
# What Participants Learn

-  Risk factors and warning signs of mental health concerns.
-  Information on depression, anxiety, trauma, psychosis, and substance use.
-  A 5-step action plan to help someone developing a mental health concern or in crisis.
-  Available evidence-based professional, peer, and self-help resources.



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# What Participants Learn



# What Participants Learn

- ⊕ Prevalence of Mental Health Problems
- ⊕ Signs and Symptoms of Depression
- ⊕ Crisis First Aid for:
  - > Traumatic Events
  - > Acute Psychosis
  - > Overdose and Withdrawal





# MHFA Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information

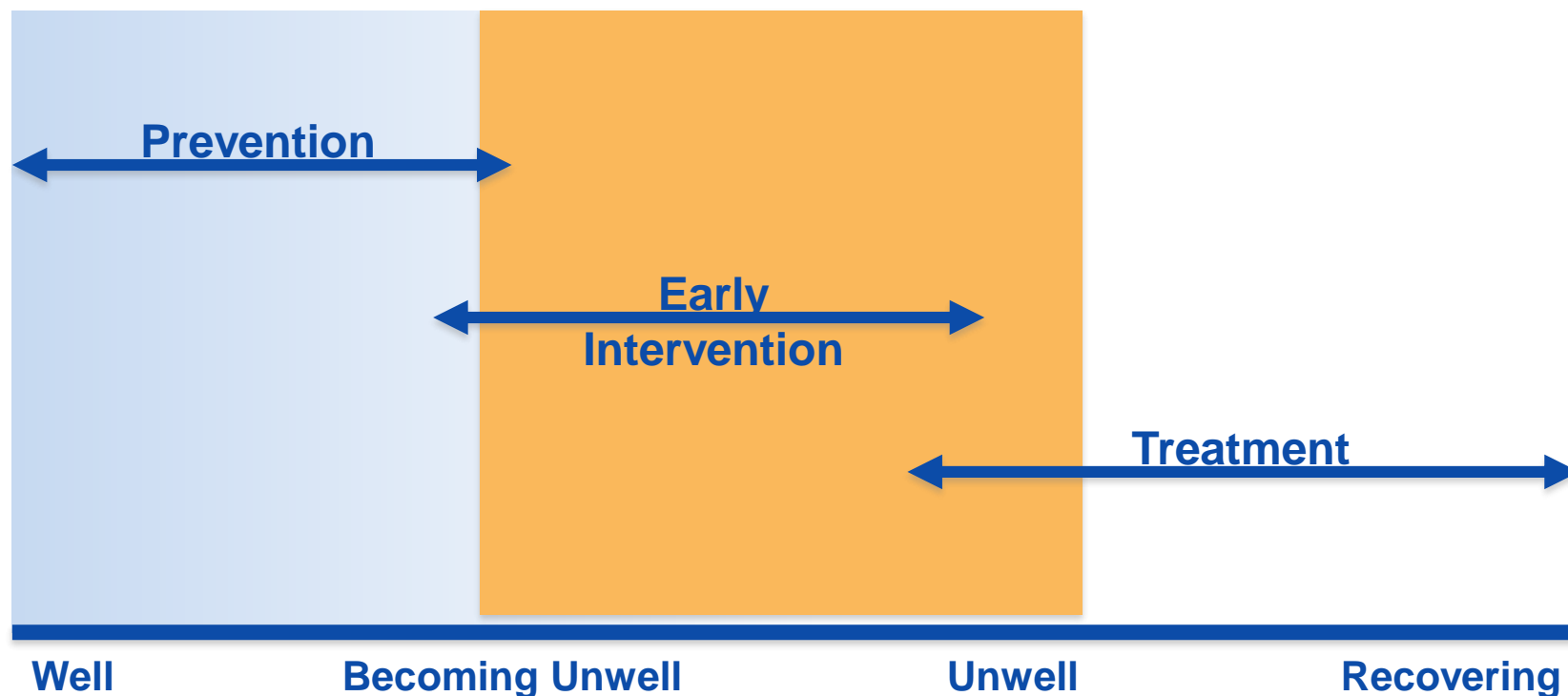



Encourage appropriate professional help








Encourage self-help and other support strategies

# Where Mental Health First Aid Can Help



 Where Mental Health First Aid can help on the spectrum of mental health interventions

# Why Mental Health First Aid?

-  Mental health problems are common
-  Stigma is associated with mental health problems
-  Professional help is not always on hand
-  Individuals with mental health problems often do not seek help
-  Many people...
  - > are not well informed about mental health problems
  - > do not know how to respond

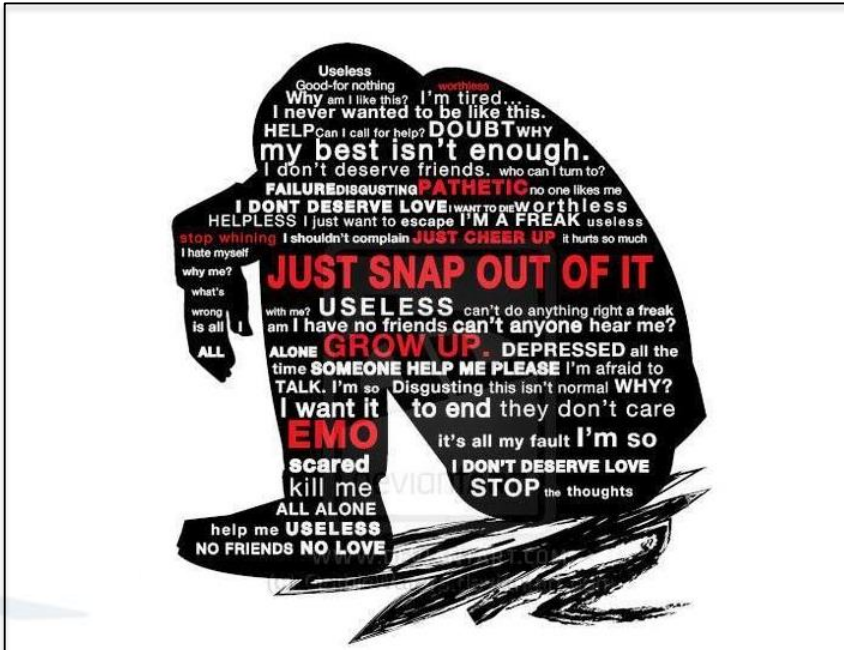
# From a Phone Call to a Movement



<https://www.youtube.com/watch?v=9Skg2DA2aDg>

# Stigma

## People Living with MI

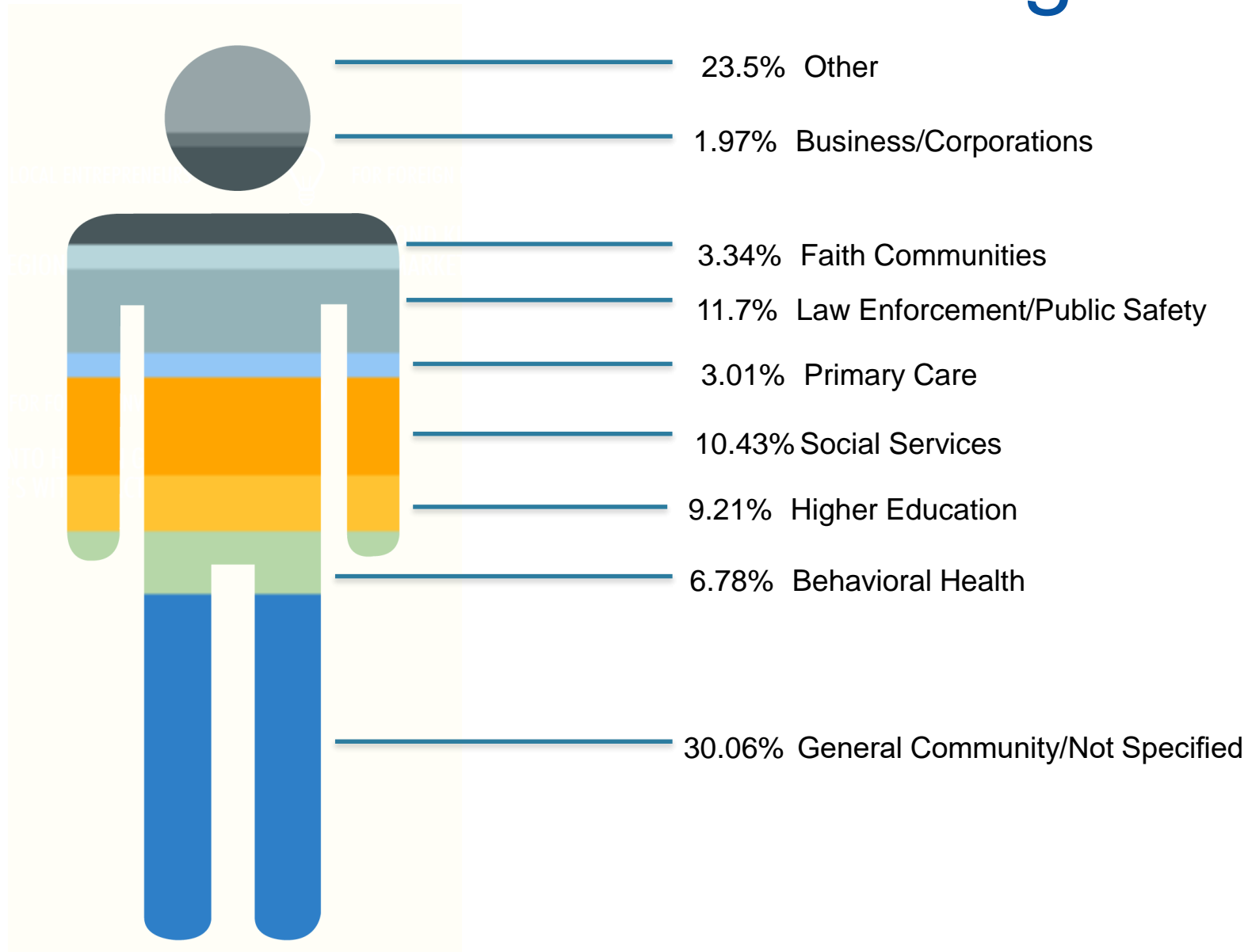


## People Living with AIDS/HIV



# Discrimination

# Who We're Reaching



# Why Mental Health First Aid in Community Health?

- Health conditions, especially those that are long-term and involve chronic pain increase risk of depression, anxiety, suicidal thinking
- Many medications mask, mimic, or exacerbate symptoms of mental illness
- Substance use often co-occurs and affects health status

# Why Mental Health First Aid in Community Health?

- Health workers like those in Specialty Clinics are positioned to provide early intervention for crisis
- Training provides confidence to assist
- Training promotes staff resiliency
- Training strengthens relationships





# Evidence

## *Mental Health First Aid....*



...increases knowledge and understanding

...encourages people helping people

...supports people getting help

...decreases social distance

...increases mental wellness



Included in SAMHSA's  
National Registry of  
Evidence-based  
Programs and Practices

# Be the Difference. Are You with Us?



<https://www.youtube.com/watch?v=NEWNmBbO1Ww&index=1&list=PLo760GDnmn-WaNKRkZoUmfuJkYrj0SAD>



Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

**Take a Course.  
You could be the help someone needs.**

**Find a Course or Instructor near you:  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)**

**Contact Us:  
[info@mentalhealthfirstaid.org](mailto:info@mentalhealthfirstaid.org)  
202.684.7457**

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Or Contact Us!  
Thank You!

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